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second fixing means configured to attach said lower part to said structure, wherein said supporting cable is usable as a safety cable:

(a) when said apparatus supports said supporting cable at a lower height while said lower part is attached to a structure and said upper part is unattached; and

(b) when the length of said vertical support is increased and said upper part is attached to said structure, such that said apparatus supports said supporting cable at a higher height.

22. Apparatus according to claim 21, wherein said apparatus comprises a second substantially vertical support comprising:

a lower part and an upper part moveable with respect to said lower part such that said second substantially vertical support is adjustable in length;

first fixing means configured to attach said upper part to a structure;

second fixing means configured to attach said lower part to said structure; and

said supporting cable extends between said first substantially vertical support and said second substantially vertical support.

23. Apparatus according to claim 21, wherein said upper part and said lower part comprise an upper tube and a lower tube respectively.

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24. Apparatus according to claim 23, wherein said upper tube of said substantially vertical support is equipped with an internal and an external strengthening component.

25. Apparatus according to claim 24, wherein said external strengthening component is a strengthening cable, said apparatus further comprising a tightening loop configured to tense said external strengthening cable, and tension within said external strengthening cable being adjustable by means of said tightening loop.

26. Apparatus according to claim 23, wherein said lower tube has a first diameter, said upper tube has a second diameter and said first diameter is different from said second diameter so that said upper and lower tubes can slide vertically independently of one another.

27. Apparatus according to claim 22, wherein said supporting cable is one of multiple supporting cables extending between said first substantially vertical support and said second substantially vertical support.

28. Apparatus according to claim 22, wherein said substantially vertical supports are configured to support said supporting cable while said second fixing means are released and lengths of said substantially vertical supports are adjusted to raise the lower parts of said substantially vertical supports, and subsequently while said first fixing means are released and said upper parts are raised.

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29. Apparatus according to claim 28, wherein said apparatus further comprises a spring-loaded foot attached to the lower part of each of said substantially vertical supports such that when the lower part of a substantially vertical support is raised, said spring-loaded foot rests on said structure.

30. Apparatus according to claim 22, wherein said apparatus further comprises cable-clamping devices configured to tense said supporting cable, and tension within said supporting cable is adjustable by means of said cable-clamping devices.

31. A method of erecting safety apparatus for people working on a structure, in which said safety apparatus comprises:

a first substantially vertical support comprising a lower part and an upper part movable with respect to said lower part such that said vertical support is adjustable in length;

a supporting cable extending from said upper part;

a first fixing means; and

a second fixing means;

said method comprising the steps of:

(a) attaching said lower part to a structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said upper part is unattached; and

(b) adjusting the length of said vertical support and attaching said upper part to said structure using said first fixing means, such that said apparatus supports said supporting cable at a higher height, wherein:

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(c) using said supporting cable as a safety cable between steps (a) and (b) and after step (b).

32. A method of erecting safety apparatus according to claim 31, wherein said apparatus further comprises a second substantially vertical support comprising:

a lower part and an upper part movable with respect to said lower part such that said second substantially vertical support is adjustable in length;

first fixing means configured to attach said upper part to a structure; and

second fixing means configured to attach said lower part to said structure, in which said supporting cable extends between said first substantially vertical support and said second substantially vertical support.

33. A method according to claim 31, wherein said upper part and said lower part comprise an upper tube and a lower tube respectively.

34. A method according to claim 33, wherein said upper tube of said substantially vertical support is equipped with an internal strengthening component and an external strengthening component.

35. A method according to claim 34, wherein said external strengthening component is a strengthening cable, said apparatus further comprising a tightening loop configured to tense said external strengthening cable, and tension within said external

strengthening cable being adjustable by means of said tightening loop.

36. A method according to claim 33, wherein said lower tube has a first diameter, said upper tube has a second diameter and said first diameter is different from said second diameter so that said upper and lower tubes can slide vertically independently of one another.

37. A method according to claim 32, wherein said method further comprises the step of extending multiple cables between said first and second substantially vertical supports.

38. A method according to claim 32, comprising the further steps of:

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releasing said second fixing means and adjusting the length of said vertical supports to raise the lower parts of said vertical supports; and

releasing said first fixing means and raising said upper parts.

39. A method according to claim 38, wherein said apparatus further comprises a spring-loaded foot attached to the lower part of each of said substantially vertical supports such that when the lower part of a substantially vertical support is raised, said spring-loaded foot rests on said structure.

40. A method according to claim 32, wherein said apparatus further comprises cable clamping devices configured to tense said supporting cable, and tension within said supporting cable is adjustable by means of said cable-clamping devices.

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41. A method according to claim 31, wherein said structure is a scaffold structure, and said method further comprises the additional step of implementing an additional higher level of scaffold, after performing said step of attaching said lower part to said structure using said second fixing means such that said apparatus supports said supporting cable at a lower height while said upper part is unattached.

42. Safety apparatus for people working on a structure, comprising:

a first substantially vertical support and a second substantially vertical support, each support comprising a lower part and an upper part moveable with respect to said lower part such that the support is adjustable in length;

first fixing means configured to attach said upper part to a structure;

second fixing means configured to attach said lower part to said structure; and

a supporting cable extending between the upper part of said first substantially vertical support and the upper part of said second substantially vertical support;

wherein said supporting cable is usable as a safety cable:

(a) when said apparatus supports said supporting cable at a lower height while said lower parts are attached to a structure and said upper parts are unattached; and

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(b) when the length of said vertical supports are increased
and said upper parts are attached to said structure, such that
said apparatus supports said supporting cable at a higher height.
